



Kickball

Adapted
P.E.

Movements
Patterns

Coordination
Strategy

Object
Manipulation

Grades
6-Up

Description

Introduce the game of kickball to physically disabled students and practice basic fundamental motor skills. Allow students to have fun in a relaxing environment, where they can experience success as individuals and as a team.

Setup

Lesson Time 30 minutes

Game Info

Equipment Gym space, multicolored place dots (4-5), 2-3 different ball types: soccer, beach, extra large. Music (optional)

Safety Appropriate classroom rules will be expressed before the session. Level of supervision will be monitored based on factors such as student need, level of risk, and skill. Adequate space for students to move freely in space. Equipment should be inspected prior to use and playing area is free of hazards.

NAPSE Standards Met

- **Standard #1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- **Standard #5:** Exhibits personal and social behavior that respects self and others in physical activity settings.
- **Standard #6:** Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Illinois Standards Met

- IL.19 - Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.
- IL.19.C - Demonstrate knowledge of rules, safety and strategies during physical activity.
- IL.20.A.3b - Identify and participate in activities associated with the components of health-related fitness.

Objectives Met

Psychomotor:

SWBAT demonstrate basic fundamental movement skills: kicking, catching, throwing, and running. Modify movement in response to dynamic, interactive environment. Use visual and verbal cues to improve performance during the activity.

Cognitive:

SWBAT learn to play the game with his/her own personal limits while following instructors directions. Identify basic rules of Kickball and practice decision-making skills.

Affective:

SWBAT experience the joy of movement. Experience teamwork and role responsibility related to the activity and participation. Increase positive self-awareness and image.

Rules of Play

Est. Time	Activity Title	Class Organization	Teaching Points
5 Min	Kickball Introduction & Warm-Up	<ul style="list-style-type: none"> - Walking Laps - Music Plays (4 songs) - Have students walk laps around the gym to increase heart rate and prepare their mind & body for physical activity. 	<ul style="list-style-type: none"> - Teacher informs students of Kickball activity. - Enthusiastically greet class, explain goals and objectives.
	Kickball Activity 1: Kicking & Running Bases	<ul style="list-style-type: none"> - Students will stand along the base line facing the teacher. - Teacher will move through a series of clear demonstrations: <ol style="list-style-type: none"> 1. Kicking a ball after a pitch 2. Running bases, making sure to touch each base with foot. - Teacher will act as pitcher, rolling the ball underhand toward the kicker at home plate. - The student at home plate will kick the ball to the best of their ability. After kicking, the student will run around each base, making sure to touch with foot. - This will continue until each student has had a chance. 	<ul style="list-style-type: none"> - Any physical therapists or aides will attend to individual children in need of assistance. - Remind students of importance of keeping eye on the ball, using proper form, and catching strategies.
	Kickball Activity 2: Outfield, Catching, Throwing	<ul style="list-style-type: none"> - Students will stand along the base line facing the teacher. - Teacher will move through a series of clear demonstrations: <ol style="list-style-type: none"> 1. Throwing the ball to players in outfield when a kick is made. 2. Catching a throw. 3. Outfield strategy to tag the runner. - The teacher will position 5 players in the outfield and 1 player at home plate. - The teacher will act as pitcher, rolling the ball underhand toward the kicker at home plate. - The student at home plate will kick the ball to the best of their ability. - As soon as the ball has been kicked, the student runs toward 1st base, outfield attempts to tag them out. - If tagged, a new kicker takes a turn. 	<ul style="list-style-type: none"> - FUN FACTOR: - As the game continues, the teacher will incorporate different size kickballs into the game (small, medium, large). - Students will also be reminded of sportsmanlike behavior and teamwork. - The teacher will encourage and encourage students to cheer on each other.

Assessment Methods

- In this lesson, the assessment is completed within the lesson. Direct observation will be used to determine if the students are participating to the fullest of their capabilities, cooperating in a team environment, and following directions. If all these criteria have been met, the lesson will have been successful.

Debrief

- For students with non-verbal language skills, I will use non-verbal communication to reflect on their time during the kickball activity.
 - Use of body language/facial expressions.
- For students with verbal language skills, I will review the Kickball game and ask the following:
 - Did you have fun playing kickball?
 - What was your favorite part of the game?
 - Which ball was most fun to use?
 - How does your body feel during/after?
 - Would you play Kickball again with your friends?

Inclusion

- The entire school is comprised of students with various levels of disabilities. Safety measures are primary in PE class. Verbal and nonverbal cues are utilized. Monitoring all students all of the time as well. The following modifications can be used to enhance inclusion:
 - A smaller field of play can be used to reduce the distance traveled for students using walkers, or having difficulty with movement. This will allow each student to compete more meaningfully in the activity.
 - Students with severe disabilities who are unable to perform in kickball can act as a “referee.” They will be asked to keep score, referee, announce batters, and perform other non-physical roles to allow for complete participation.
 - If a student is in a wheelchair, a kicking partner will be assigned to kick for them while they run the bases.
 - If a student has a visual impairment, a kicking partner will be assigned to kick for them as well as guide them along the bases.
 - The placement, size, and speed of the kick pitch will be considered for each students in order to provide adequate success.

Multiculturalism

- This lesson will include all types of students, regardless of skill and physical ability. Movement is for every body, especially students who are in wheel chairs all day. Modifications will be made as needed, and direct supervision will be applied in order to ensure that each student is able to get the most out of the kickball experience, regardless of skill or physical ability.

